



# Space Nutrition



The "Adopt-a-Classroom" project was started as a way to help bring upper-elementary-school students closer to space research, and specifically to the Calcium Kinetics experiment scheduled to be done on STS-107. The "Space Nutrition" newsletter was the focus of this project, and the first issue was released in October 2001. Eight more issues were released monthly during the 2001-2002 school year.

The newsletters had several aims. We hoped to provide a sense of the teamwork needed for an experiment to succeed, the time required for planning and preparation, and the care and dedication required to "fly" an experiment. Another key objective was to shed light on the scientific research process in general, and the extraordinary work happening in orbit, on both the Shuttle and the International Space Station. We also aimed to provide information about nutrition, and how it affects life on Earth as well as during spaceflight. Finally, we sought to give students a sense of participation, help them gain appreciation of how science might affect their lives, and encourage their own desire to pursue goals similar to those we have here at NASA.

The first issue of Volume 2 was released in September 2002. It highlighted the importance of safety at NASA in the context of a delay in the STS-107 mission. Again, the newsletters were released monthly, sharing our building excitement as the mission drew nearer. The January 2003 issue was published the week of the launch...

The tragic loss of Columbia and her crew on February 1, 2003 was devastating for those involved with the crew and this mission, as well as for the nation. We soon realized the impact the newsletters had on the students and teachers with whom we interacted. The cards and letters we received from students were a source of strength for us here at NASA at a time when we were feeling very broken. A few of these letters were featured in the newsletter issues released just after the tragedy. In response, we worked to give the students an understanding of the tragedy and of where we were in those first moments and how we adjusted later on. We wanted to ultimately give them a sense of the broader vision for future spaceflight and the Space Shuttle. The bonds created, or perhaps just realized, in the wake of the loss of Columbia, have helped give us courage to carry on with this dream of space exploration. The final issues of Volume 2 reveal the initial forward movement after the tragedy.

This booklet contains all of the issues from the first two volumes of the "Space Nutrition" newsletter. In ways we never could have envisioned, it presents a brief history of the past two years, and of a journey we have made with students across the nation - one that educated us as well as the students.